



Jackie Joyner-Kersey to promote asthma awareness

Black & Minority Health Fair offers free screenings

While you're at the [Black & Minority Health Fair](#), which runs July 17-20 in the Indianapolis Convention Center, stop by the Marion County Health Department Smile Mobile and have a dental screening — free. Or stop by their Injury Prevention Safetyville Van, an interactive booth for kids, and learn safety tips.

ISDH's Division of HIV/STD is sponsoring a booth to promote HIV education and awareness. This booth will include pre-screening, prevention games, interactive role playing, and prizes. Those at risk will be referred to the Marion County booth for testing.

Check out the huge GlaxoSmithKline truck, a 50x90-foot semitrailer housing games and interactive health activities promoting asthma awareness, and get a free asthma screening. See what's happening on the Healthy Entertainment Stage.

There are many interesting things to do at the Health Fair, but more important is the opportunity to take charge of your health. You can get free blood tests, health screenings, health education and information, assessment, follow-up counseling, and refer-

als at the many information booths that dot the floor of Exhibit Hall D.

"Information is power," said Martha Bonds, ISDH's Black & Minority Health Fair director. "The more you know, the more facts you learn about your health, the better off you'll be. Health is a matter of facts."

The Health Fair, sponsored by the Indiana State Department of Health, is the largest minority health fair in the nation and is part of the [Black Expo Summer Celebration](#), which runs July 12-20.

Six-time U.S. Olympic medalist Jackie Joyner-Kersey will kick off the Health Fair at the 4 p.m. opening ceremony July 17 on the Health Fair stage, Exhibit Hall D. The track star will speak about how she overcame severe asthma to become a world class athlete.

Visitors to the Health Fair can take advantage of more than \$1,000 worth of free screenings and blood tests, including checks and screenings for blood pressure, HIV/STD, visual perception (age 7 and under), visual acuity, glaucoma, dental, body mass index, asthma, heel and bone scan, massage therapy, foot screenings, stroke assessment,



Olympic track star
Jackie Joyner-Kersey

diabetes assessment, body fat screening, arthritis (joint) risk assessment, breast self-examination instructions, mammogram information, and cervical cancer information. One person can get up to 20 screenings.

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New Indiana WIC director leaves law for public service

Greg Long wanted a change, and on May 19 that desire became reality. He left the practice of law to become the new director of the [Indiana WIC Program](#), a federally funded supplemental nutrition program for disadvantaged and nutritionally at-risk women, infants and children who meet eligibility requirements.

"I'm excited to be here and looking forward to the challenge," Long said.

Long said one of the biggest challenges of the WIC program is "dealing with the funding — doing the most you can with the money you have."

"WIC's been a good program. It's been well run. I want to continue in the direction it's been going and continue to grow the program. We'll make changes that need to be implemented to help the program," Long said.

The new director said one of his goals is to try to increase the food package to WIC participants so they can have more



Photo by Daniel Axler

Indiana WIC Director Greg Long

choices. Through food checks, WIC participants are provided milk/cheese, eggs, cereal, juice, and dried beans/peas/peanut butter. Infants are provided iron

fortified formula, infant cereal, and juice.

Long said the Indiana WIC program serves 128,000 participants a month, of which 26 percent are women, 28 percent are infants, and 46 percent are children.

Wendy Gettelfinger, R.N., D.N.S., assistant commissioner for Children and Family Health Services, said, "I am very pleased to have Greg join the CFHS Commission and the Indiana WIC Program. Because the Indiana WIC Program serves so many of Indiana's children (prenatally and after birth to the age of 5), it is truly a gateway into a variety of health systems and programs to improve children's health. For example, the Indiana WIC Program recently developed an interface with the Children and Hoosiers Immunization Registry Program (CHIRP) that will help to ensure that WIC participants are adequately immunized.

"In addition, the Indiana WIC Program

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Rural Health Conference features speakers, networking



Photo by Daniel Axler

State Health Commissioner Greg Wilson, M.D., gives the keynote address at the Rural Health Conference in French Lick.

More than 300 stakeholders – physicians, nurses, health care managers, students, and educators – from across Indiana came together June 11-13 for the 6th Annual Rural Health Care Conference, “Growing Healthy Hoosiers.”

The conference was a “good opportunity for networking,” said Bob Sunman, director of the [Indiana State Office of Rural Health](http://www.in.gov/isdh/rural),

seemed to be “budgets — Medicaid cutbacks, the federal and state budget restrictions,” Sunman said. “There are not enough resources to do the job.”

He also noted that there is a rural nursing shortage and a lack of providers in rural areas.

“Rural mental health and rural dental health” are very poor, Sunman said.

the main sponsor of the event. The conference, held in French Lick, was organized by the Rural Health Association. As a bonus, the conference included extra workshops on grant writing, critical access hospitals, and chronic disease. The Indiana Hospital & Health Association Council on Rural Health held its quarterly meeting in French Lick the day before the conference began.

The main concerns of the attendees

Sunman said rural health “is not urban health in a rural setting. You can’t treat it as just being out there with the cows. The same fixes for urban health won’t work for rural health settings.”

Nellie Simpson, director of ISDH’s Local Liaison Office, which includes the Office of Rural Health, said, “In rural areas the resources are limited for job opportunities. If you work the family farm, you don’t have time to take off for your health.”

Sunman added, “Rural people seeking medical attention are usually older than those in urban areas. When they seek health care, it’s generally later on — when the problem is more advanced and more serious. People may have to drive 30 to 50 miles to a provider. There’s no public transportation;



Photo by Daniel Axler

State Sen. Becky Skillman, R-Dist. 44, received the Rural Health Award for Distinguished Community Service at the State Level.

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New Express editor seeks information, story ideas

Let me introduce myself.

My name is Judy Buchholz, and I’m the new editor of the Express.

In my three and a half weeks at ISDH, I’ve already met quite a few people — and gotten out my first Express. This one is #2.

There are many more people to meet and many more Expresses to publish. I’m looking forward to both. The goal is to publish the Express every other Wednesday. Of course, I will need ideas — lots of ideas — for news and feature articles.

That’s where YOU come in. If you have an idea for an article, please call me (317-234-2817) or e-mail me (jbuchhol@isdh.state.in.us). I want to know what’s going on in the various departments, including the local health departments, so I can write about it. I want to know what the programs and projects are. I want to know

how your departmental programs are impacting the public. I want other departments and our stakeholders to reap the benefits of sharing information, of knowing what others are doing. The Express is the medium to do that.

Before joining the Office of Public Affairs, I worked for Gibault, Inc., a private not-for-profit residential facility for at-risk youth in Terre Haute, editing newsletters, writing, designing publications, doing public relations, and fundraising. Although I’ve been in Indiana for 15 years, I still consider myself a Texan, even though I can’t ride a horse.

I enjoy tennis — both watching and playing. And, I collect stegosauruses.

In my short time here, I’ve discovered that there is much to discover at ISDH. I had no idea of the wealth of information

available, the amount of knowledge of public health professionals, or the depth and breadth of programs. There will be plenty to write about — with your input.

As you see me going from department to department, interviewing sources for articles, please don’t pick up the bread crumbs that I drop to find my way back to my cubicle.



Photo by Daniel Axler



Indiana State
Department of Health

Express

The *Indiana State Department of Health Express* is a bi-weekly publication for ISDH employees and stakeholders. Underlined words are links that you can access directly if you read the Express on-line. To submit news items, call (317) 234-2817 or send information to: ISDH Express, Office of Public Affairs, 2 N. Meridian St., Section 6G, Indianapolis, IN 46204-3003. Inquiries should be directed to:

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RURAL: Subway's Jared one of conference keynoters

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you can't just hop on the bus."

Rural communities have their own view of health care.

"People, whether young or old, are seen as part of the community," Simpson said. "A family takes care of its own. There's probably more stigma about seeking outside health care – especially mental health."

The Rural Health Conference is an opportunity for those who struggle with the day-to-day challenges of providing health care to rural communities to pool their knowledge and hear many presentations about what's new in rural health care.

Conference keynoters included Jared Fogle of the Subway television commercials fame, who lost an amazing 245 pounds on his Subway diet of two "6 grams or



Photo by Daniel Axler

Shawn Richards, ISDH respiratory epidemiologist, updates attendees on SARS, West Nile virus, and smallpox during a breakout session.

less" sandwiches a day; Stephen Wilhide, M.S.W., M.P.H., executive director of the National Rural Health Association; Mark Potuck, the Elkhart County Tobacco Control project director who garnished his talk with humor; and State Health Commissioner Greg Wilson, M.D., who updated the attendees on chronic disease management.

There were also more than 20 breakout sessions during the conference – "something of interest for everybody," Sunman said.

Breakout sessions included such topics as "Emergency Preparedness: Integrated Community Solutions (EP-ICS)," "National Health Ser-

vice Corps: Developing an R&R Plan," "Assessment of the Sexually Abused Child," "Enhancing Indiana's Public Health Infrastructure," "Support for Rural Health Care Telecommunications – Where to Sign Up for Indiana's Share of \$400 Million," "Role of Primary Care Providers in Caring for the Patient with HIV," "Weapons of Mass Destruction and What Should I

Wear to the Dance," and "Medicaid Reimbursement for Rural Health Clinics."

Conference attendees also had the opportunity to get "lots of information" at the exhibitor booths, Simpson said. "The health care providers in the rural communities don't always have access to a lot of the information that is available in the larger commu-



Photo by Daniel Axler

Linda Miller, R.N., DeKalb County Health Department, has her picture taken with Subway's weight loss hero Jared Fogle, one of the keynote speakers.

nities." The ISDH had a large presence at the conference, sponsoring exhibits on immunization and diabetes, as well as providing staff for breakout presentations including Joni Albright, assistant commissioner, Community Health Services; Elizabeth Hamilton-Byrd, M.D., medical epidemiologist, Epidemiology Resource Center; and Shawn Richards, respiratory epidemiologist, Epidemiology Resource Center.

"People are always wanting to share," said Sunman, who sits on the board of the Rural Health Association. "More things are getting done by collaborative efforts and the conference is great for networking. As much gets done on the veranda in the rocking chairs in the evening as in the conference rooms."



Photo by Daniel Axler

Indiana State University students in the B.A./ M.D. Rural Health Program attended the conference.

WIC DIRECTOR: 'I enjoy feeling like I'm making a difference'

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partners with the Indiana Healthy Families Program to provide assistance to parents at risk. As you can tell, WIC is near and dear to my heart, so I am pleased to have someone like Greg Long to direct and administer the program."

Long is a 1994 graduate of Franklin College with a B.A. in economics. He earned a J.D. from Indiana University, Indianapolis, in 1996.

After finishing law school, Long joined his father's law firm in Columbus, Indiana. In 1999, Long began working at the Bartholomew County prosecutor's office, and in 2002, he joined a small Indianapolis law firm.

"I was looking for a change from the

practice of law, and since I had been working in the area of child support and enjoyed working with families and children, I felt the WIC program was a good fit," Long said.

"I enjoy feeling like I'm making a difference. In this position, I can help out a lot more people throughout the state rather than only at the local level," he added.

Gettelfinger noted, "WIC serves one out of every two babies born in Indiana."

Long said he would like to see the "stigma" of getting help from WIC eliminated.

"There seems to be a certain stigma that makes people ashamed to come in – they don't want to take a handout. We'd like to take away that stigma," he said.

There is at least one WIC clinic in every county, and there are more than 170 clinics overall.

Long will oversee the 10 ISDH staff. The Indiana WIC office is responsible for finding local agencies to sponsor the county clinics.





Anya's Day at the Office

Thursday, June 26, "Take Our
Youth to Work Day" at ISDH

Eight-year-old Anya Gray came to work with her grandmother, Elloise Johnson, in the Local Liaison Office. Anya had a grand time — putting mailing labels on brochures (but Grandma was slow getting her the labels), eating lunch at work, taking a walk along the canal, using the chip, making a birthday card for Local Liaison Director Nellie Simpson.

But best of all was spending the day with Grandma.

Michael Hurst, deputy state health commissioner, said he is glad ISDH could promote the day because it was a way to serve the employees.



Photos by Daniel Axler

HEALTH FAIR: 'One Stop-One Stick' makes testing easier

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"One Stop-One Stick" for blood screenings simplifies and eases the procedure for getting the free blood tests for those who want them. A visitor need only have blood drawn once to receive results for blood sugar, cholesterol, hepatitis C, sickle cell, TSH (thyroid), lead testing (child, 1-6 years), PSA (prostate cancer screening, men only), and syphilis screening. Cholesterol and blood sugar results will be available the day of the test; other results will be mailed within three weeks.

"There are health issues that adversely affect the minority community — diabetes, cancer, heart disease, thyroid disease, HIV/AIDS, syphilis," Bonds noted. "Those have a huge impact on our community. Children are dying. The elderly are dying. The Health Fair is a venue for early detection and the opportunity to arm our community with enough information to make healthy choices."

The Marion County Health Department will have information booths for environmental health (water quality, housing, mosquito/rodent control), the ACTION Center (Adolescent Care Team in Our Neighbor-



The GlaxoSmithKline
asthma awareness truck

hoods), maternal and child health, immunization, nutrition, mother baby health line, and social services.

You can get screened for blood glucose and total cholesterol at the Roche Diagnostics booth. Roche Diagnostics, which has been a sponsor since 1986, will also have an education booth and an area where people can wait the short 5 minutes it takes to get their results. Last year, some 1,500 people took advantage of the two blood screenings.

Although the Health Fair is aimed primarily at the black and minority communities, everyone is welcome, said Danielle Patterson, ISDH's Office of Minority Health director.

"Regardless of nationality or ethnicity, we want people to come and take advantage of all the health fair offers," Patterson said.

"Because of the economy and employment cutbacks, we anticipate that we'll get people who no longer have health insurance

or physicians. They're looking for free health screenings because they don't have those resources any more. And, they're more than welcome."

In 2002, the health fair provided more than 108,000 screenings.

According to Bonds and Patterson, the Black & Minority Health Fair is the #2 reason people come to the Summer Celebration, which attracts nearly a half million people. What's #1?

"The free concerts," they both said

Schedule

Thursday, July 17

4 p.m., Opening Ceremony

Olympic track star Jackie Joyner-Kersey
State Health Commissioner Greg Wilson, M.D.
Mexican Consul Sergio Aguilera
State Rep. Bill Crawford
Central Heights Church of Christ
Acappella Choir

5 - 8 p.m.

Senior Citizens and Persons
with Disabilities Night

Friday, July 18: 1-8 p.m.

Saturday, July 19: 10 a.m. - 8 p.m.

Sunday, July 20: Noon - 8 p.m.